

Suggested activities, practical guidance, further interesting sources or skills

Unit 1

Supporting Students' Mental Health at School

<https://www.youtube.com/watch?v=srbqsxtFD0E>

EFFECTIVE INTERVENTION

What does effective intervention look like?

<https://www.washk12.org/professional-learning/help-me/effective-intervention>

5 Steps to Mental Health and Wellbeing

<https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/>

How to Set SMART Goals | Goal Setting for Students

<https://www.youtube.com/watch?v=i0QfCZjASX8>

SMART Goals

<https://www.huronhs.com/Downloads/smart-goals.pdf>

Reducing Behavior Problems in the Elementary School Classroom

https://ies.ed.gov/ncee/wwc/Docs/PracticeGuide/behavior_pg_092308.pdf

Effective Interventions in Education: Types and Examples

<https://www.highspeedtraining.co.uk/hub/effective-interventions-in-education/>

How do I feel?

<https://www.bookwidgets.com/play/ZCAJPZ4>

Unit 2

CASEL Framework?

<https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>

SEL 3 Signature Practices

https://schoolguide.casel.org/uploads/2018/12/CASEL_SEL-3-Signature-Practices-Playbook-V3.pdf

Effective Interventions in Education: Types and Examples

<https://www.highspeedtraining.co.uk/hub/effective-interventions-in-education/>

Schools as learning communities

<https://www.youtube.com/watch?v=9iBjaVt5YNE>

Child Friendly Activity Cards

<https://pscentre.org/?resource=child-friendly-activity-cards&selected=single-resource>

BookWidgets

<https://www.bookwidgets.com/tour/middle-high-school>

5 Lesson ideas for teachers to improve mental health of students

<https://www.youtube.com/watch?v=7OeOYybJT5g>

Create Your Own 5-Point Scale

<https://intensiveintervention.org/resource/social-and-emotional-learning-virtual-lesson-example-create-your-own-5-point-scale>

How to Write a School Mental Health Policy

<https://www.highspeedtraining.co.uk/hub/school-mental-health-policy/#policy>

Ensure there is a robust mental health and wellness policy

<https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/leading-change/ensure-there-is-a-robust-mental-health-and-wellbeing-policy/>

EBI Evidence Based Interventions

<https://education.missouri.edu/ebi/>

Classroom WISE: Well-Being Information and Strategies for Educators

https://static1.squarespace.com/static/601ca12e6df22c6353aaa6a5/t/60dded131ee5d240f8055f12/1625156884036/Classroom+WISE_Overview+2pager.pdf

Response To Intervention

<https://www.interventioncentral.org/>

IFRC Monitoring and Evaluation Framework for Psychosocial Support Interventions

<https://resourcecentre.savethechildren.net/document/ifrc-monitoring-and-evaluation-framework-psychosocial-support-interventions/>

38 Simple Ways To Integrate Social-Emotional Learning Throughout the Day

<https://www.weareteachers.com/21-simple-ways-to-integrate-social-emotional-learning-throughout-the-day/>

Unit 3

Talking Mental Health

https://www.youtube.com/watch?v=oz1S66_pYTw

5 Benefits of Classroom Discussion

<https://gradehub.com/blog/5-benefits-classroom-discussions/>

Tips for having a conversation with a child about mental health

<https://www.mentallyhealthyschools.org.uk/media/1611/tips-for-having-a-conversation-with-a-child-about-mental-health.pdf>

Tips for starting a conversation about mental health with secondary school children

<https://www.mentallyhealthyschools.org.uk/media/2453/tips-for-starting-a-conversation-about-mental-health-with-secondary-school-children.pdf>

How to Talk to a Student

<https://classroommentalhealth.org/help-students/how-to-talk/>

Online Psychological First Aid training for COVID-19

<https://pscentre.org/?resource=online-pfa-training-for-covid-19-additional-module-pfa-for-children&selected=single-resource>

Further readings for Unit 4

Classroom activities for teaching

<https://www.youtube.com/watch?v=Z0af5FBNjps>

19 easy classroom ideas to spark creativity

<https://www.canva.com/learn/19-ideas-to-promote-more-creativity-in-your-classroom/>

Unit 4

EYFS – Expressive arts and design – Self expression

https://www.youtube.com/watch?v=k_qMlzl-Tc&t=1s

CHILDREN AND THE ARTS

<https://www.youtube.com/watch?v=g-R6YeCt0DI>

Drawing Game: The Squiggle

<https://www.youtube.com/watch?v=Kb08XyJEU2U>

Creative activities for preschooler learning and development

<https://raisingchildren.net.au/preschoolers/development/creative-development/preschooler-creative-activities>

Talking to children about mental health

<https://www.theschoolrun.com/talking-children-about-mental-health>

38 Simple Ways To Integrate Social-Emotional Learning Throughout the Day

<https://www.weareteachers.com/21-simple-ways-to-integrate-social-emotional-learning-throughout-the-day/>

6 ways to help kids express their feelings about the coronavirus pandemic through art

<https://theconversation.com/6-ways-to-help-kids-express-their-feelings-about-the-coronavirus-pandemic-through-art-146503>

<https://theconversation.com/brain-research-shows-the-arts-promote-mental-health-136668>

EDUCATIONAL GAMES | CLASSROOM GAMES | ACTIVITIES | Teacher's Corner PH

<https://www.youtube.com/watch?v=-WPDCm9E2Qg>

ESL Warmer: Yes, No, Stand up

<https://www.youtube.com/watch?v=G0HoUDhRpKA>

Unit 5

How to run successful parent information sessions

<https://theeducationhub.org.nz/how-to-run-successful-parent-information-sessions/>

Tips for Supporting Student Wellness During COVID-19

<https://storage.trailstowellness.org/trails-2/covid-19-resources/tips-for-supporting-student-wellness-during-covid-19-with-mi-and-national-resources.pdf>

Supporting Kids During COVID

<https://childmind.org/topics/covid-kids-mental-health-challenges/#remote-and-hybrid-learning-tips-for-teachers>

Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Digital toolkits, online activities, and other resources

<https://matoolsforschools.com/resources/tag/Case+Study>

European toolkit for early leavers

<https://www.schooleducationgateway.eu/en/pub/resources/toolkitsforschools.htm>

European website with various educational tools

<https://www.schooleducationgateway.eu/en/pub/resources.htm>

A systemic whole school approach on to mental health and wellbeing in schools in the EU

https://www.schooleducationgateway.eu/en/pub/teacher_academy/webinars/systemic-whole-school-approach.htm

Further Resources and Information

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/>

The Link Programme: a toolkit for planning the workshops

<https://www.annafreud.org/media/12816/link-programme-workshop-toolkit-spring-2021.pdf>

A whole school framework for emotional well-being and mental health

https://www.ncb.org.uk/sites/default/files/uploads/files/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources_0.pdf

Creating a Framework for School Based Mental Health Services in West Virginia

<https://livewell2.marshall.edu/MUTAC/wp-content/uploads/2011/08/Concept2-ESMH-in-WV-Concept-Paper.pdf>

Designing Community Interventions

<https://ctb.ku.edu/en/table-of-contents/analyze/where-to-start/design-community-interventions/main>

About Classroom WISE

<https://www.classroomwise.org/about-classroom-wise>

Language learning in school: interdisciplinarity and creative writing

https://www.schooleducationgateway.eu/en/pub/teacher_academy/webinars/language-learning-in-school.htm

Creative Project-Based Learning

https://www.schooleducationgateway.eu/en/pub/teacher_academy/webinars/creative-project-based-learnin.htm

Enhancing creativity through a Project-Based Learning approach

<https://www.schooleducationgateway.eu/en/pub/latest/practices/project-based-approach.htm>

Creating conditions for deeper learning in science

<http://creations-project.eu/>